

July 2009

CROSSFIT MONCTON

Monthly
Newsletter



MONCTON SUBARU DUATHLON

Putting CrossFit to the test

It was a warm, sunny day at Centennial Park on the morning of June 7th. The wind was gusty, but that didn't stop some 130 people from participating in a 5km run, 20km bike, followed by a 2.5km run.

CrossFit Moncton's specialty is not specializing. We don't run long distances every week, or even every month.

Biking never comes up in a workout, but that didn't prevent us from trying. Pierre and Kevin went for a 20km bike ride the weekend before to see what it would feel like.

Having not trained specifically for this type of event, the CrossFitter's placed fairly well.

Kevin placed 48th at 1:20:41.

Pierre followed in 71st with a time of 1:27:00.

Sean came in 95th at 1:33:09.

If you're interested in competing in events like Duathlons or Road Races, you can visit <http://www.atlanticchip.ca/events/> for a list of events. Hopefully we'll see you out at some races this summer!

-Kevin Wood

CrossFit Moncton presents...

Atlantic Hopper Event

Saturday, July 18th at 10am

94 Rideout St. Moncton, NB



Anyone can compete in this first annual event. A workout will be selected by drawing exercises from a hopper. The people with the fastest time, in both male and female categories, will be crowned Champion!

Food,
drinks and
prizes!



To register, email Kevin at crossfitmoncton@hotmail.com
Cost is only \$10

Spectators are welcome!

Rain date is Sunday, July 19

NUTRITION

Controlling Insulin

A proper diet begins with controlling hormones through proper eating habits



Eating in the Zone

Everyone knows that eating fat will make you fat! And that you should avoid eating red meat because it will cause heart disease. It's become part of our common knowledge.

Well, new and reliable research is proving that to be false.

Dr. Barry Sears, the creator of The Zone Diet, asserts that it's the hormone insulin that drives obesity and disease.

A quick search on Google will give 411,000 results for hyperinsulinemia, in which excess levels of insulin are circulating through the bloodstream.

So what can you do to control your insulin?

There are three ways that I can suggest.

The first is to start adding protein to your diet. Not just for breakfast, but every time you eat. Add cheese, steak, chicken, pork, fish and eggs (don't you dare toss out the yolk either) to your meals. Protein helps to curb the insulin response from your pancreas.

The second step is to choose one meal a day to weigh and measure your food. That way, you're not overwhelmed

with too much change all at once. Having a balanced amount of carbohydrates and protein will keep your insulin levels stable.

The third, and most challenging step, is to weigh and measure your food (that means you have to weigh your meat and count your nuts), every time you eat. It will take approximately two weeks until you develop a routine. It will also give you ample time to overcome the addiction to sugar.

If you would like more information on The Zone, pick up a copy of 'A Week in the Zone' by Dr. Barry Sears. If you would like a more in-depth reading on nutrition, I highly recommend Gary Taubes book 'Good Calories, Bad Calories'.

You may also ask your local CrossFit trainer for a copy of CrossFit's Journal 21, which provides a great chart for getting started on The Zone.

[Next issue - Macro vs Micro Nutrients](#)



RICH'S PEANUT BUTTER CUPS

A yummy Zone
dessert!

Ingredients:

- 9 tbsp. fructose
- 3 tbsp. water
- 4 1/2 tbsp. natural Peanut Butter (or Almond Butter or Cashew Butter)
- 1 tsp. vanilla extract (or almond, coconut, vanilla butter nut, black walnut, etc.)
- 12 scoops Zone Perfect Protein Powder **OR** 10 scoops and 1/2 cup TVP (textured vegetable protein, for a crunchy texture)
- 12 cupcake size muffin cups (Teflon coated)



Directions:

- Mix fructose and water in medium size microwaveable bowl. Heat until boiling.
- Add Peanut Butter and bring to boil again.
- Stir in extract and protein powder and mix until uniform.
- Divide evenly into muffin cups and press firmly.
- Chill and then store tightly covered or wrapped at room temperature.



Remark: Each cup = 1 Zone Perfect Block.

<http://www.the-zone-diet-recipes.com/>

Does your job require you to be super-fit?

To get into the RCMP, you have to pass a grueling test of fitness. What better way to prepare for it than CrossFit!

Rob came to us at the end of April, 2009. A friend recommended he do CrossFit to train before being sent to depot.

When asked if CrossFit has helped prepare him for policing, Rob responded that it has, "both mentally and physically".

"You start to face things a little differently and walk a little taller", are just some of the benefits Rob has seen so far.

He already had a great attitude when he first joined CrossFit Moncton, and we see examples of it every day. For instance, he's always encouraging and motivating others while they're finishing up their workouts. His support and enthusiasm are some of his outstanding qualities.

"If you can smoke a workout of the day, nothing can slow you down outside of the gym." A great message that anyone can relate to!

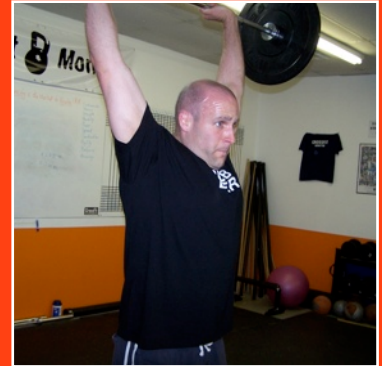
Best of luck to you in your new career Rob!

Next issue – MC
McLaughlin



He's not a fan of donuts

ROB THURBER



Stats

- CrossFitting for 2 months
- Deadlift: 275#
- Press: 145#
- Back Squat: 180#
- 500m Row: 1:32.8
- 800m Run: 3:16

GYMNASTICS

"YOU CORE IS NOT WHAT YOU THINK"

A gymnastics cert., why do I need that?? I am flexible, I can do "kipping" HSPU, I can do knees to elbows.....well, let's see.

The first day started slowly with the course instructor, Tucker, introducing himself and talking about what we'll learn during the weekend. Right off, he said to us that the way they are teaching the gymnastic moves at the CrossFit Level 1 Cert. was not good and that there is no such things as a kipping HSPU. I almost cried when he said that because that's what I was doing for the past 4 months.

We jumped right into the actions with a good warm-up that showed us how *not* flexible we were (except for a few people, excluding me) with a series of stretches. Ouch....that was painful!! After 30 seconds of the warmup, I was already sweating.

After this intense warmup, Tucker made us sit down for a few minutes

and went through the kipping swing. Not the same kip as what we learned in the Level 1 Cert., but a real gymnastic kip, i.e. no hips flexed but using the open & closed swing (hollow core). After looking at Jeff (Tucker's demo guy for the weekend) doing a perfect kipping pull-up, we all went in teams of 3-4 to practice on the bar and learn how to spot.

The weekend followed the same pattern... Tucker doing a little theory on whiteboard to teach the moves, watch Jeff doing the moves in a perfect way and going hands-on with spotting and trying the moves. We went through a lot of exercises: kipping pull-ups, K2E, muscle-ups, handstands, L-sit and even the famous Iron Cross.

The best thing about the cert. was that everybody was able to do the moves...because every one of them



is scalable. Also, the cert. wasn't really on how well we were performing the moves (even if it is really important) but how well we were spotting each other. Tucker was taking a lot of time explaining to us how to spot, because for him, safety is the most important part of gymnastics. Finally, if you have the chance to attend that cert., DO IT! You won't regret it.

-Pierre Boivin

Interested in joining?

Come try a **FREE** workout on Saturday morning at 9am. Leave your money at home. We don't want to sell you anything; we just want you to feel the difference CrossFit can make.

Contact Kevin Wood at crossfitmoncton@hotmail.com to confirm your **FREE** session, or call (506) 857-0567.

CROSSFIT MONCTON

94 Rideout Street
Moncton, NB